

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (currently amended): Product (1) to measure the effectiveness and efficiency of warming-up and winding-down physical exercises performed by an individual characterized in that it comprises a temperature sensor (3) to detect the body temperature of said individual and means of monitoring, by comparing said temperature readings, variations in the body temperature of said individual as a result of said exercises.

Claim 2 (currently amended): Product (1) according to claim 1, wherein said monitoring means include electronic processing means to process said temperature readings.

Claim 3 (currently amended): Product (1) according to claim 1, wherein said temperature sensor (3) includes a thermocouple.

Claim 4 (currently amended): Product (1) according to claim 1, wherein said temperature sensor (3) is of the no-contact type.

Claim 5 (currently amended): Product (1) according to claim 4, wherein said temperature sensor (3) is an infrared sensor.

Claim 6 (currently amended): Product (1) according to claim 1, further comprising protection means to prevent contamination of said temperature sensor (3) by external agents.

Claim 7 (currently amended): Product (1) according to claim 1, further comprising an output interface (4) to display said temperature readings.

Claim 8 (currently amended): Product (1) according to any of the previous claims, further

comprising means to indicate when the individual has reached the pre-established training conditions.

Claim 9 (currently amended): Product (1) according to claim 1, wherein said temperature is measured continuously.

Claim 10 (currently amended): Product (1) according to claim 1, wherein said temperature is measured at intervals.

Claim 11 (currently amended): Product (1) according to claim 1, further comprising control means to control the beginning and the end of a cycle of said measurements.

Claim 12 (currently amended): Product (1) according to claim 1, wherein said sensor (3) is able to read said temperature measurements by placing a body part of said individual near or on said sensor.

Claim 13 (currently amended): Product (1) according to claim 12, wherein said sensor (3) is able to read said temperature measurements by placing a finger of said individual near or on said sensor.

Claim 14 (currently amended): Product (1) according to claim 1, wherein said measurement readings include an initial temperature measured at the beginning of said physical activities or at the start of a measurement cycle and where said monitoring is such as to monitor a difference in temperature of said readings compared to the initial reading.

Claim 15 (currently amended): Product (1) according to claim 1, wherein said product (1) is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value

approximately within the range of $1.3^{\circ}\text{C} - 2.3^{\circ}\text{C}$.

Claim 16 (currently amended): Product ~~(1)~~ according to claim 15, wherein said range is approximately within 1.5°C and 2.0°C .

Claim 17 (currently amended): Product ~~(1)~~ according to claim 1, wherein said product is able to signal achievement of a correct warm-up/wind-down state of said individual when, by means of said monitoring of variations in body temperature compared to the beginning of said activities or at the start of a measurement cycle, said variation reaches an absolute value approximately equal to 1.7°C .

Claim 18 (currently amended): Product ~~(1)~~ according to claim 1 ~~any of the previous claims~~, wherein said product is in the form of a control console for training equipment.

Claim 19 (currently amended): Product ~~(1)~~ according to claim 1 ~~any of the claims 1-18~~, wherein said product is in the form of a bracelet or personal accessory.

Claim 20 (currently amended): Product ~~(1)~~ according to claim 1 ~~any of the previous claims~~, further comprising independent power supply means.

Claim 21 (currently amended): Training equipment ~~(2)~~ characterized in that it comprises a product ~~(1)~~ according to claim 1 ~~any of the previous claims~~.

Claim 22 (currently amended): Training equipment ~~(2)~~ according to claim 21, wherein said equipment comprises at least one handle, or handgrip, provided with a projection and wherein said sensor is placed near said projection.